

DAFTAR ISI

HALAMAN JUDUL	Error! Bookmark not defined.
HALAMAN PERNYATAAN KEASLIAN	Error! Bookmark not defined.
LEMBAR PENGESAHAN SKRIPSI	Error! Bookmark not defined.
LEMBAR PERSETUJUAN SKRIPSI	Error! Bookmark not defined.
HALAMAN PERNYATAAN PERSETUJUAN	Error! Bookmark not defined.
PUBLIKASI AKHIR UNTUK KEPENTINGAN AKADEMIS	Error! Bookmark not defined.
ABSTRAK	Error! Bookmark not defined.
ABSTRACT	Error! Bookmark not defined.
KATA PENGANTAR	Error! Bookmark not defined.
DAFTAR ISI	1
DAFTAR TABEL	Error! Bookmark not defined.
DAFTAR GAMBAR	Error! Bookmark not defined.
BAB I	Error! Bookmark not defined.
PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang	Error! Bookmark not defined.
1.2 Rumusan Masalah	Error! Bookmark not defined.
1.3 Pertanyaan Penelitian	Error! Bookmark not defined.
1.4 Tujuan Penelitian	Error! Bookmark not defined.
1.4.1 Tujuan Umum	Error! Bookmark not defined.
1.4.2 Tujuan Khusus	Error! Bookmark not defined.
1.5 Manfaat Penelitian	Error! Bookmark not defined.
1.5.1 Bagi Peneliti	Error! Bookmark not defined.
1.5.2 Bagi Institusi Pendidikan Kesehatan	Error! Bookmark not defined.
1.5.3 Bagi Pekerja	Error! Bookmark not defined.
1.5.4 Bagi Perusahaan	Error! Bookmark not defined.
1.5.5 Bagi Peneliti Lain	Error! Bookmark not defined.

1.6 Ruang Lingkup Penelitian	Error! Bookmark not defined.
BAB II.....	Error! Bookmark not defined.
TINJAUAN PUSTAKA	Error! Bookmark not defined.
2.1 Landasan Teori.....	Error! Bookmark not defined.
2.1.1 Definisi Stres	Error! Bookmark not defined.
2.1.2 Definisi Stres Kerja	Error! Bookmark not defined.
2.1.3 Tahapan Stres Kerja.....	Error! Bookmark not defined.
2.1.4 Metode Pengukuran Stres	Error! Bookmark not defined.
2.1.5 Faktor-Faktor Penyebab Stres Kerja.....	Error! Bookmark not defined.
2.1.6 Faktor Pendukung.....	Error! Bookmark not defined.
2.1.7 Dampak Stres Kerja.....	Error! Bookmark not defined.
2.1.8 Manajemen Stres Kerja	Error! Bookmark not defined.
2.1.9 Metode Pengendalian Stres	Error! Bookmark not defined.
2.2 Konsep Relaksasi Otot Progresif.....	Error! Bookmark not defined.
2.2.1 Definisi Relaksasi Otot Progresif	Error! Bookmark not defined.
2.2.2 Tujuan Relaksasi Otot Progresif.....	Error! Bookmark not defined.
2.2.3 Tujuan Relaksasi Otot Regresif	Error! Bookmark not defined.
2.2.4 Manfaat Relaksasi Otot Progresif.....	Error! Bookmark not defined.
2.2.5 Prinsip Kerja Relaksasi Otot Progresif.....	Error! Bookmark not defined.
2.2.6 Standar Operasional Prosedur Terapi Relaksasi Otot Progresif.....	Error! Bookmark not defined.
defined.	
2.3 Kerangka Teori.....	Error! Bookmark not defined.
2.4 Penelitian Terkait	Error! Bookmark not defined.
BAB III	Error! Bookmark not defined.
METODE PENELITIAN.....	Error! Bookmark not defined.
3.1 Kerangka Konsep	Error! Bookmark not defined.
3.2 Definisi Operasional.....	Error! Bookmark not defined.
3.3 Hipotesa Penelitian.....	Error! Bookmark not defined.
3.4 Tempat dan Waktu Penelitian	Error! Bookmark not defined.
3.5 Jenis Penelitian.....	Error! Bookmark not defined.
3.5.1 Jenis dan Desain Penelitian	Error! Bookmark not defined.

3.5.2 Pengumpulan Data.....	Error! Bookmark not defined.
3.6 Populasi dan Sampel	Error! Bookmark not defined.
Populasi	Error! Bookmark not defined.
Sampel	Error! Bookmark not defined.
Teknik Pengambilan Sampel	Error! Bookmark not defined.
3.7 Instrumen Penelitian.....	Error! Bookmark not defined.
3.8 Analisis Data	Error! Bookmark not defined.
3.8.1 Analisis Univariat	Error! Bookmark not defined.
3.8.2 Analisis Bivariat.....	Error! Bookmark not defined.
BAB IV	Error! Bookmark not defined.
HASIL PENELITIAN	Error! Bookmark not defined.
4.1 Gambaran Tingkat Stres Pekerja Sebelum diberikan Intervensi Terapi PMR di PT Hamatek Indonesia Tahun 2022.	Error! Bookmark not defined.
4.2 Gambaran Tingkat Stres Pekerja Sesudah diberikan Intervensi Terapi PMR di PT Hamatek Indonesia Kabupaten Bekasi Tahun 2022.....	Error! Bookmark not defined.
4.3 Analisis Bivariat.....	Error! Bookmark not defined.
4.4 Perbedaan Stres pada Pekerja Sebelu dan Sesudah dilakukan Terapi PMR (Progressive Muscle Relaxation) di PT Hamatek Indonesia Kabupaten Bekasi Tahun 2022	Error!
Bookmark not defined.	
BAB V	Error! Bookmark not defined.
PEMBAHASAN.....	Error! Bookmark not defined.
5.1 Keterbatasan Peneliti.....	Error! Bookmark not defined.
5.2 Analisa Univariat.....	Error! Bookmark not defined.
5.1.1 Tingkat Stres Sebelum dilakukan Terapi PMR (Progressive Muscle Relaxation) pada pekerja di PT Hamatek Indonesia Tahun 2022 ...	Error! Bookmark not defined.
5.1.2 Tingkat Stres Sesudah dilakukan Terapi PMR (Progressive Muscle Relaxation) pada pekerja di PT Hamatek Indonesia Tahun 2022 ...	Error! Bookmark not defined.
5.3 Analisa Bivariat.....	Error! Bookmark not defined.
5.2.1 Perbedaan Tingkat Stres Sebelum dan Sesudah dilakukan Terapi PMR (Progressive Muscle Relaxation) pada Pekerja di PT Hamatek Indonesia Tahun 2022	Error! Bookmark not defined.
not defined.	

BAB VI.....	Error! Bookmark not defined.
KESIMPULAN DAN SARAN.....	Error! Bookmark not defined.
6.1 Kesimpulan.....	Error! Bookmark not defined.
6.2 Saran.....	Error! Bookmark not defined.
DAFTAR PUSTAKA.....	Error! Bookmark not defined.
LAMPIRAN.....	Error! Bookmark not defined.